

19th International Conference on Traditional Medicine and Acupuncture
10th International Conference on Pharmaceutical Research and Drug Discovery
25th Global Biotechnology Conference
October 25, 2022 | Webinar

Management of hypertension: Herbal options

Renu Dwivedi*, Taniya Swaroop, Vinuth Chikmut and A N Nagappa
Bahara University, India

Hypertension is a global disease leading to heart disease, kidney diseases and vascular diseases. If it is co-morbid with diabetes mellitus morbidity and mortality is greatly enhanced. There is need to keeps the blood pressure in the range of 120/80 mmHg, if one wants to avoid the risk of heart attacks, brain stroke and CKD. Blood pressure is mainly dependent on blood sodium content which depends upon dietary salt consumption. One is recommended with low sodium diet. The sodium content also influences the accumulation of water in extracellular fluid. Increased water in extracellular fluid squeezes the vascular bed increasing the blood pressure. High blood pressure can be brought down to normal by multiple mechanisms of action of drugs and it is in practice to administer different mechanism of actions like ACE inhibitors, diuretics, and beta blockers. However,

irrespective of availability of variety of drugs it is very difficult to manage hypertension in patients. Nature has been helpful in giving novel molecules for all therapeutic actions along with hypertension. In this review we intent to look into the natural drugs, which can be used as therapeutic agents in the management of hypertension.

Biography

Renu Dwivedi has completed her Bachelors from MJP Rohilkhand University, Bareilly and Masters at the age of 29 years from Uttarakhand Technical University. She is working as Assistant Professor, in school of pharmaceutical sciences, Bahra University, Wagnaghat, Solan, Himachal Pradesh (India) since 2021. I am highly interested in academics and research.

renupharma2020@gmail.com

Received Date: September 12, 2022; **Accepted Date:** September 14, 2022; **Published Date:** October 31, 2022